

**AMENDMENTS TO THE CLAIMS**

This listing of the claims will replace all prior versions, and listings of claims in the present patent application:

**Listing of Claims:**

**Claim 1 (original).** A training aid configured to strike a ball, comprising:

an opaque and malleable material that is configured to be deformed upon impact with said ball;

a deformable sheet having a front face that is attached to said opaque and malleable material, said deformable sheet having a back face; and

a means for affixing said training aid to a hitting instrument.

**Claim 2 (original).** The training aid of claim 1 wherein said opaque and malleable material is a metallic material comprising one or more metals.

**Claim 3 (original).** The training aid of claim 2 wherein said means for affixing said training aid to said hitting instrument comprises an adhesive layer on said deformable sheet.

**Claim 4 (original).** The training aid of claim 3 wherein said opaque and malleable material is a first metallic sheet that is configured to directly contact said ball.

**Claim 5 (original).** The training aid of claim 4 wherein said deformable sheet is thicker than said first sheet.

**Claim 6 (original).** The training aid of claim 5 wherein one or more impressions generated after striking said ball provides an impression of how said ball was struck.

**Claim 7 (original).** The training aid of claim 5 further comprising a tab which does not conform to the hitting instrument, said tab providing a writing surface for recording data and simplified removal of said training aid from said hitting instrument.

**Claim 8 (original).** A training aid, comprising:

    a first sheet composed of a metallic material that is configured to be deformed upon impact with a ball;

    a second sheet composed of an deformable material that is attached to said first sheet, said second sheet having a back face; and

a first adhesive layer on said back face of said second sheet, said first adhesive layer attached to a non-stick surface.

**Claim 9 (original).** The training aid of claim 8 wherein said second sheet is thicker than said first sheet.

**Claim 10 (original).** The training aid of claim 9 wherein one or more deformations generated after striking a golf ball provides an impression of how a ball was struck by a hitting instrument.

**Claim 11 (original).** The training aid of claim 9 wherein said first layer is composed of aluminum.

**Claim 12 (original).** A training aid, comprising:

a sheet further comprising a metallic top layer that is configured to contact a ball and be deformed upon impact with said ball, said sheet having a back face; and

an adhesive layer on said back face of said sheet, said adhesive layer having an adhesive that interfaces with a non-stick sheet that is configured to be removed prior to affixing said training aid to a hitting instrument, said adhesive configured to leave little or no adhesive residue on said hitting instrument when said training aid is removed.

**Claim 13 (original).** The training aid of claim 12 wherein said sheet further comprises a deformable sheet that is attached to said metallic top layer.

**Claim 14 (original).** The training aid of claim 13 wherein said deformable sheet is thicker than said metallic top layer.

**Claim 15 (original).** The training aid of claim 14 wherein one or more deformations are generated after striking a ball, said one or more deformations configured to provide an impression of how said ball was struck.

**Claim 16 (original).** The golf training aid of claim 15 wherein said metallic top layer is composed of aluminum.

**Cancel claims 17 - 20.**

**Claim 21 (original).** The training aid of claim 1 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

**Claim 22 (original).** The training aid of claim 8 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

**Claim 23 (original).** The training aid of claim 12 wherein said training aid is adapted for use in a sport selected from the group of sports that consist of golf, baseball and hockey.

**Cancel claim 24.**